

## SUPPORT AND SERVICES FOR MENTAL HEALTH ISSUES AND DEMENTIA

### FIRST STOP FOR MENTAL HEALTH

Approach any First Stop for Mental Health, who can identify your mental health needs, provide support and guide you to appropriate services. Visit any community mental health team such as CREST, or connect with CHAT Call 1771 or WhatsApp text 6669 1771 Click [mindline.sg](#)

### HELPLINES

A helpline is a fast and convenient way to obtain information and advice. It can also be a source of emotional support when you are in distress.

Organisation	Details	Helpline Number
<b>Brahm Centre Assistline</b>	For anybody in distress who needs an empathetic ear and emotional support	6655 0000 8823 0000 - WhatsApp available ( <i>Daily from 9am – 7pm</i> )
<b>Care Corner Counselling Hotline (Mandarin)</b>	For those who need counselling and advice	1800 353 5800 ( <i>Monday – Sunday, except public holidays, 10am – 10pm</i> )
<b>Dementia Helpline (by Dementia Singapore)</b>	For caregivers who are caring for persons living with dementia	6377 0700
<b>Fei Yue Online Counselling Service</b>	For youths aged 12 to 25 to talk about their mental health or emotional concerns	ec2.sg
<b>Samaritans of Singapore (SOS)</b>	For anybody in crisis and persons with suicidal tendencies	Hotline: 1-767 CareText Whatsapp: 9151 1767 ( <i>24 hours</i> )
<b>Silver Ribbon (Singapore)</b>	For emotional support	6386 1928 ( <i>Monday – Friday, 9.00am – 5.00pm, excluding eve of and public holiday</i> )
<b>Singapore Association for Mental Health Helpline</b>	For people who have psychological, psychiatric or social problems, and others who need information for such persons	1800 283 7019 ( <i>Monday – Friday, 9.00am – 6.00pm</i> )

### Community mental health teams

There are over 100 community mental health teams islandwide. These community mental health teams serve as your in-person First Stop for Mental Health. They will listen to your concerns and provide support such as therapy to support your mental well-being.

\* These community mental health teams support youths and their caregivers.

EAST	
Support Services	Contact Details
<b>Allkin Singapore</b> Blk 193 Rivervale Drive #01-787 S540193	Tel: 6038 4400
<b>Brahm Centre</b> Blk 148 Simei Street 1 #01-121 S520148	Tel: 6612 6125
<b>Brahm Centre</b> Blk 473 Tampines Street 43 #01-94 S520473	Tel: 69082122
<b>*Children-At-Risk Empowerment Association</b> Blk 428 Pasir Ris Drive 6 #01-21 S510428	Tel: 6950 2206
<b>Club HEAL</b> Tampines Junction 300 Tampines Ave 5 #09-02 Room 932 S529653	Tel: 6899 3463
<b>Club HEAL</b> Mountbatten Square 229 Mountbatten Road #03-41F S398007	Tel: 6899 3463
<b>*Fei Yue Community Services</b> Blk 145 Simei Street 2 #01-06 S520145	Tel: 6027 7650 Email: ec2sg@fyys.org
<b>Fei Yue Community Services</b> 31 Anchorvale Road S545056	Tel: 6011 7650 Tel: 6011 7656
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>Home Nursing Foundation</b> Blk 999 Buangkok Crescent #01-01 S530999	Tel: 6854 5777
<b>Montfort Care</b> 613A Bedok Reservoir Road #01-1364 S471613	Tel: 6312 3988
<b>Montfort Care</b> 50 Marine Terrace #03-365 S440050	Tel: 6445 0570
<b>*SHINE Children and Youth Services</b> 463 Hougang Ave 10 #01-964 S530463	Tel: 8383 9637 Email: yit_hougang@shine.org.sg

<b>Singapore Anglican Community Services</b> Blk 534 Pasir Ris Drive 1 #01-266 S510534	Tel: 6584 4633
<b>*Singapore Anglican Community Services</b> Blk 184C Rivervale Crescent #01-199 S543184	Tel: 6258 1558
<b>*Singapore Association for Mental Health</b> Blk 124 Bedok North Road #01-133 S460124	Tel: 6344 8451 Email: csayeast@samhealth.org.sg sayiteast@samhealth.org.sg

CENTRAL	
Support Services	Contact Details
<b>Allkin Singapore</b> Blk 323 Ang Mo Kio Ave 3 #01-1960 S560323	Tel: 6038 4400
<b>AWWA</b> Blk 123 Ang Mo Kio Ave 6 #01-4011 S560123	HP: 6511 6690
<b>Brahm Centre</b> Blk 108 Aljunied Crescent #01-36 S380108	Tel: 6876 0262
<b>*Brahm Centre</b> Blk 108 Aljunied Crescent #01-36 S380108	Tel: 6876 0262
<b>Care Corner Seniors Service</b> Blk 214 Toa Payoh Lorong 8 #01-745 S310214	Tel: 6258 6601
<b>*Limitless</b> 9 Gloucester Road #01-03 S210009	Email: hello@limitless.sg
<b>Montfort Care</b> Blk 28 Telok Blangah Rise #01-219 S090028	Tel: 6274 6904
<b>Montfort Care</b> Blk 50 Marine Terrace #03-365 S440050	Tel: 6445 0570
<b>Montfort Care</b> 133 New Bridge Road #04-01 to #11 Chinatown Point S059413	Tel: 6274 6904
<b>NTUC Health</b> Blk 121 Bukit Merah View #01-96 S151121	Tel: 8223 1135
<b>OJoy Limited</b> Blk 5 Upper Boon Keng Road #02-10 S380005	Tel: 6749 0190
<b>Singapore Anglican Community Services</b> Blk 5 Beach Road #02-4915 S190005	Tel: 6291 2473
<b>*Singapore Children's Society</b> 9 Bishan Place #05-02 Junction 8 Office Tower S579837	Tel: 6358 0911 Email: fm@childrensociety.org.sg
<b>Singapore Association for Mental Health</b> Blk 1 Maude Road #03-30 S200001	Tel: 8511 2678
<b>Thye Hua Kwan Moral Charities</b> Blk 44 Beo Crescent #01-57 S160044	Tel: 6924 2951
<b>TOUCH Community Services</b> Blk 433 Ang Mo Kio Ave 10 #01-1415 S560433	Tel: 6804 6555
<b>*TOUCH Community Services</b> Blk 162 Bukit Merah Central #05-3545 S150162	Tel: 1800-377-2252
<b>*TOUCH Community Services</b> SCAPE #04-06 2 Orchard Link S237978	Tel: 1800 377 2252 Email: mentalhealth@touch.org.sg HP: 9690 2989
<b>Viriya Community Services</b> Blk 142 Potong Pasir Ave 3 #01-224 S350142	

NORTH	
Support Services	Contact Details
<b>*Care Corner Singapore</b> 6 Woodlands Square #03-01 Woods Square Tower 2 S737737	Tel: 6978 4217 Email: insight@carecorner.org.sg
<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Club HEAL</b> Woods Square Solo 110 Woodlands Square #03-56 S737714	Tel: 6899 3463
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040
<b>Singapore Anglican Community Services</b> Blk 707 Yishun Ave 5 #01-36 S760707	Tel: 6753 5311
<b>TOUCH Community Services</b> 513 Wellington Circle S750513	Tel: 1800 6123 123
<b>*Singapore Association for Mental Health</b> Blk 317 Woodlands Street 31 #01-196 S730317	Tel: 6362 4845 Email: csaynorth@samhealth.org.sg sayinorth@samhealth.org.sg

WEST	
Support Services	Contact Details
<b>*Club HEAL</b> Blk 254 Bukit Batok East Ave 4 #01-229 S650254	Tel: 6899 3463 Email: Referral@clubheal.org.sg
<b>Fei Yue Community Services</b> Blk 11 Teck Whye Lane #01-222 S680011	Tel: 6011 7651 Tel: 6011 7652 Tel: 6011 7653 Tel: 6011 7654 Tel: 6011 7655 Tel: 6011 7658
<b>*Lakeside Family Services</b> Blk 997 Jurong West Street 93 #01-369 S640977	Tel: 6991 3000 Email: soar@lakeside.org.sg
<b>NTUC Health</b> Blk 361 Yung An Road #01-111 S610361	Tel: 6267 4197

<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0876 Tel: 6801 0878
<b>SAGE Counselling Centre</b> Blk 262C Compassvale Street #01-137 S543262	Tel: 6354 1191
<b>*SHINE Children and Youth Services</b> 329 Clementi Ave 2 #01-248 S120329	HP: 8855 3569 Tel: 6778 6867 Email: cresty_shine@org.sg
<b>Singapore Anglican Community Services</b> Blk 267 Bukit Batok East Ave 4 #01-206 S650267	Tel: 6562 4881
<b>Singapore Anglican Community Services</b> Blk 374 Jurong East Street 32 #01-486 S600374	Tel: 6262 1183
<b>Singapore Association for Mental Health</b> Blk 257 Jurong East Street 24 #01-405 S600257	Tel: 8511 2678
<b>St. Luke's Hospital</b> 2 Bukit Batok Street 11 S659674	Tel: 6895 2794
<b>Viriya Community Services</b> Blk 646 Jurong West Street 61 #01-142 S640646	HP: 9690 2989

NATIONWIDE	
Support Services	Contact Details
<b>Care Corner Singapore</b> Blk 159 Lorong 1 Toa Payoh #01-1530 S310159	Tel: 6978 7151
<b>Clarity Singapore</b> 7A Lorong 8 Toa Payoh #04-01 Agape Village S319264	Tel: 6801 7467
<b>Clarity Singapore</b> Blk 854 Yishun Ring Road #01-3511 S760854	Tel: 6757 7990
<b>Club HEAL</b> Blk 254 Bukit Batok East Ave 4 #01-229 S650254	Tel: 6899 3463
<b>Club HEAL</b> 20 Eunos Crescent #01-2961 S400020	Tel: 6899 3463
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700
<b>Intellect Company Pte Ltd.</b> 171 Tras Street Union Building #02-179 S079025	WhatsApp: 8088 5120
5 Straits View B2-60/61 East Tower Marina One S018935	
11 Bidadari Park Drive #02-03/05/06/07 The Woodleigh Mall S367803	
252 Tembeling Road #01-09 Tembeling Centre S423731	
11 Prinsep Link The Foundry S187949	
<b>Silver Ribbon (Singapore)</b> Blk 208 Serangoon Central #01-238 S550208	Tel: 6386 1928

### CAREGIVER SUPPORT GROUPS

Caregiver support groups can be made up of care partners, spouses, family members and friends of those caring for persons living with mental health conditions / dementia. It offers caregivers support, information and resources. It also encourages caregivers to share information, give and receive support, and exchange practical suggestions with one another.

Most of the listed support groups provide nationwide services.

CENTRAL	
Caregiver Support Groups	Contact Details
<b>Care Corner Seniors Service</b> Blk 214 Lorong 8 Toa Payoh #01-745 S310214	Tel: 6258 6601 Email: tp.crest@carecorner.org.sg
<b>Dementia Singapore</b> 20 Bendemeer Road #01-02 BS Bendemeer Centre S339914	Tel: 6377 0700 www.dementia.org.sg
<b>Dementia Singapore</b> 298 Tiong Bahru Road #10-05 Central Plaza S168730	Tel: 6389 5389 www.dementia.org.sg
<b>Mindfull Community</b> 491-B River Valley Road #04-04 Valley Point Office Tower S248373	Tel: 6460 4400 www.mindfull.org.sg
<b>TOUCH Caregivers Support</b> Blk 444 Ang Mo Kio Ave 10 #01-1603 S560444	Tel: 6804 6555 Email: caregivers@touch.org.sg
<b>Club HEAL</b> Blk 317 Woodlands Street 31 #01-194 S730317	Tel: 6899 3463
<b>Kho Teck Puat Hospital Dementia Support Group</b> 90 Yishun Central S768828	Email: ktph.memorycare@ktp.com.sg www.ktp.com.sg/dementia_support_group
<b>Montfort Care</b> Blk 838 Yishun Street 81 #01-322 S760838	Tel: 6484 8040 Email: crest.north@montfortcare.org.sg

EAST	
Caregiver Support Groups	Contact Details
<b>Allkin Singapore</b> Blk 193 Rivervale Drive #01-787 S540193	Tel: 6038 4400 Email: mentalhealthservice@allkin.org.sg
<b>Club HEAL</b> Blk 997A Buangkok Crescent #01-809 S531997	Tel: 6899 3463
<b>Club HEAL</b> Blk 20 Eunos Crescent #01-2961A S400020	Tel: 6899 3463
<b>Filos Community Services</b> Blk 55 Chai Chee Drive #01-222 S460055	Tel: 6241 1503
<b>Caregiver Support Groups</b>	<b>Contact Details</b>
<b>REACH Community Services</b> Blk 377A Bukit Batok Street 31 #01-24 S651377	Tel: 6801 0878 / 6801 0876 Email: crest-ss@reach.org.sg https://www.reach.org.sg/

### MENTAL HEALTH IN POLYCLINICS

Clients with mental health conditions (including dementia) and chronic physical conditions can also be managed within the polyclinics. A multi-disciplinary team that consists of doctors, psychologists, medical social workers and nurses, work together to support the clients with mild to moderate mental health conditions.

**Please call the respective polyclinics' general appointment line to make an appointment for consultation. Client will only be referred to mental health or dementia clinics as determined by the doctor upon consultation.**

	Service Providers	Mental Health Clinics	Dementia Clinics	Contact Details
1	Ang Mo Kio Polyclinic	✓	✓	National Healthcare Group Polyclinics Call Centre Appointment Line: 6355 3000
2	Geylang Polyclinic	✓	✓	
3	Hougang Polyclinic	✓	✓	
4	Kallang Polyclinic	✓	✓	
5	Khatib Polyclinic	✓		
6	Sembawang Polyclinic	✓		
7	Serangoon Polyclinic		✓	
8	Toa Payoh Polyclinic	✓	✓	
9	Woodlands Polyclinic	✓	✓	
10	Yishun Polyclinic	✓	✓	
11	Bukit Batok Polyclinic	✓	✓	National University Polyclinics Call Centre Appointment Line: 6908 2222
12	Bukit Panjang Polyclinic	✓	✓	
13	Choa Chu Kang Polyclinic	✓	✓	
14	Clementi Polyclinic	✓		
15	Jurong Polyclinic	✓	✓	
16	Pioneer Polyclinic	✓	✓	
17	Queenstown Polyclinic	✓	✓	
18	Bedok Polyclinic	✓	✓	SingHealth Polyclinics Call Centre Appointment Line: 6643 6969
19	Bukit Merah Polyclinic		✓	
20	Eunos Polyclinic	✓	✓	
21	Marine Parade Polyclinic		✓	
22	Outram Polyclinic	✓	✓	
23	Pasir Ris Polyclinic	✓	✓	
24	Tampines Polyclinic	✓	✓	
25	Tampines North Polyclinic	✓	✓	

If you wish to find out more information about any of the services in this list, it is advisable to call the numbers provided before making a trip down.

## PREFER TO SEARCH FOR MENTAL HEALTH SERVICES DIGITALLY?

Try out the Community Mental Health Wayfinding Tool to search for mental health services based on your needs, age and location.

[www.for.sg/wayfinding](http://www.for.sg/wayfinding)

**1**

Which statement describes you best?

I am looking for...

**2**

Which statement describes you best?

I am...

**3**

Finding nearby services

Please enter a postal code or street name.



## If you feel it, it's REAL

realspace.sg is a one-stop online resource platform to support youths with credible mental health resources and encourage help-seeking behaviours by providing real solutions. Scan to find out curated information and resources for you.



To get the most comprehensive and up-to-date information and resources on dementia, visit:



